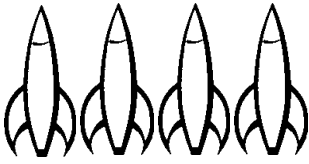


3-Week Planetary Path Activities



Each time you complete one of these activities, shade 4 spaceships.

- Visualize your own memorial service. Write down what people would say about you.
- Before bed, write down all of the day's positive moments.
- Record your goals for the next 1, 5, and 10 years.
- Do 1 thing you feel passionate about.
- Imagine you have 2 days to live. Make a list of the things you would do in that time.
- Write your own 10 commandments for a more satisfied life. Place them in your wallet.
- Lie on your back and stare up at the sky for 15 minutes. Feel yourself become as spacious as the sky, and your thoughts become like clouds.
- Make an appointment to talk with a psychotherapist, an Employee Assistance Program counselor, a priest or rabbi, or other counselor.
- Obtain and fill out an organ donor card.
- Do something for someone that's guaranteed to make them feel very happy or satisfied.
- Give a beautiful flower to at least 3 people: someone you care about, someone you can't stand, and someone you don't know.
- Take 20 minutes to organize or clean your workstation.
- Get at least 8 hours sleep.
- Play actively with a child for half an hour.
- Join a friend/family member at a movie or other fun event.
- Watch a video on exercise, yoga, or personal development.
- Plan a realistic schedule for the next 7 days.
- Keep the TV turned off for the day.
- Recruit an exercise partner.
- Listen to a relaxation tape.
- Try a hobby or craft that involves working hands - surfing the Net doesn't count.
- List 1 thing a month you want to accomplish next 12 months.
- Make or buy an indoor meditation fountain.
- Schedule your exercise sessions for the coming week.
- Update your resume to list new accomplishments.
- Spend the day at a spa to pamper yourself.
- Set up bird feeders outside your window.
- Hold a weekly family meeting to plan activities.
- Prepare a fancy picnic to share with someone you love.
- Do 15 minutes of slow stretches.
- Try a new fitness activity.
- Donate blood.
- Go through your piles of papers and file or away most of them.



Fitness Boosters

Earn 1 spaceship for every 5 minutes of **exercise**. Examples: brisk walking, stationary cycling, yoga, jogging, canoeing, badminton, rope skipping, aerobics, tennis, weight training, gardening, volleyball – you name it.